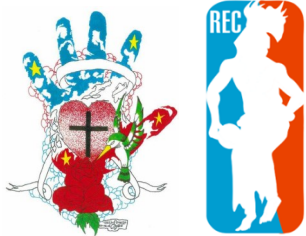




Wellness Center Hours:

Monday—Thursday
6am-9pm
Friday
6am-8pm
Saturday
8am-5pm



The mission of the Pascua Yaqui Diabetes Prevention & Treatment Program is to nurture and empower the culture and longevity of the tribe- physically, emotionally and spiritually, through diabetes prevention, education and management support services.



Pool Hours:

Monday
Closed
Tuesday-Sunday
10am-6pm
(Memorial day—October 1)



PASCUA YAQUI WELLNESS CENTER

5305 W. Calle Torim
Tucson, AZ 85757
520.879.6203

PREVENTION HOUSE

4960 W. Vai Sevoi
Tucson Arizona 85757
520.879.6200





Year Round

The wellness provides activities year round

- Fitness Classes
- Youth Wellness
- Sports Leagues and Tournaments
- Boxing
- Powerlifting Team

Seasonal

- Swim Lessons
- Water Aerobics
- Sports Camps (depending on sport)
- CATCH Program for kids to be active and learn about healthy eating



What do we do? Something for the whole family:

Fitness room: personalized assessment, support and training

Classes: spinning, yoga, zumba, powerlifting, boxing, water aerobics and fitness challenges.

Recreational activities: sports leagues: basketball, volleyball, baseball, chair volleyball for seniors

Summer CATCH and Fit Kids programs: to keep children active, eating healthy food and having fun.

Pool of Water: Summer fun, swim lessons, water aerobics, lifeguard training, family movie nights

EI Tour: Fighting diabetes one mile at a time. Each year a team of Yaqui riders participate in the EI Tour de Tucson. Leading up to it they train, go on group rides, hold bike clinics, all to take the challenge

Promoting Healthy Lifestyles

Cooking demos: learn how to make delicious and healthy meals and tweak your favorites with healthy ingredients.

Nutrition education, shopping tours and 1:1 consultation with our Community dietitian.

1:1 or group education classes on how to prevent or manage diabetes and lead a healthy, balanced life.

Community screening for blood sugars and cholesterol to help you stay within range.

Community activities and events: Fun runs and walks, tournaments, Recognition Day events and other celebrations.

Screenings & Follow-up Care

- Senior Center
- Podiatry
- Community Events
- Health Department



Health Education

- Diabetes & Heart Education
- Diabetes Support Groups
- Blood Glucose Meter Training
- Nutrition, Meal planning and More!

Screenings

- Blood Glucose & Blood Pressure
- Hemoglobin, A1C
- Cholesterol



Contact Us

Facebook:
**Pascua Yaqui Tribe Diabetes
Prevention and Treatment Program**

Wellness Center 520.879.6203
Prevention House: 520 879 6200